

Facets

February 2013

LOVE *at first* sight (really)

60 years after their eyes first
met, they are more in love
than ever



Help Us Help Kids in Need!

WHAT: Dentistry at Somerset, the office of Dr. Jason Niegsch, will be hosting a "Give Kids A Smile" event to provide free dental services to qualifying children from underserved families.

WHEN: Friday, February 8

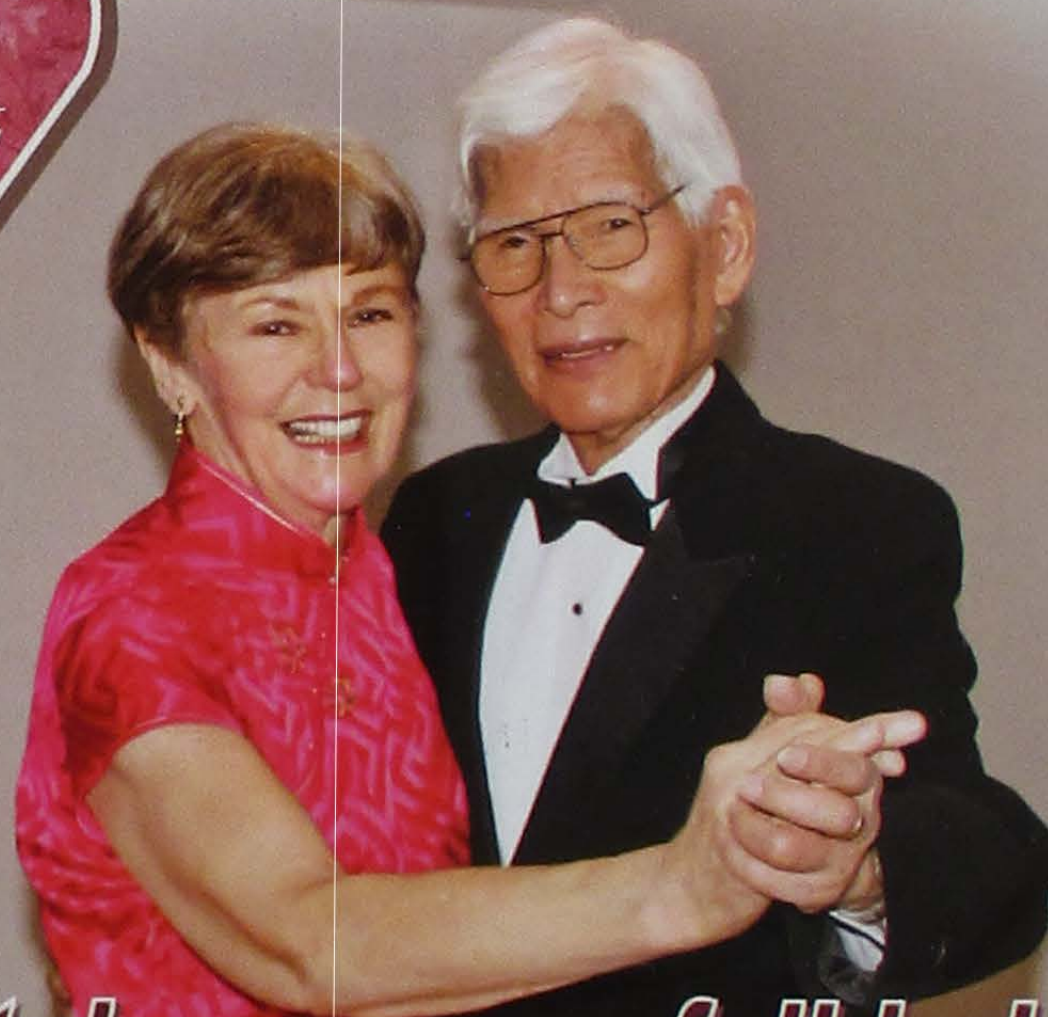
HOW TO HELP: If you know a child in need of services, please contact the child's school nurse. School nurses are qualifying children and facilitating appointments. For questions call Dentistry at Somerset, at 515-268-0516.

This event is part of the American Dental Association's Give Kids A Smile Program, celebrating its 11th anniversary this year. Dentistry at Somerset has participated every year, and the team is excited to provide its 11th year of service to kids in need.



ADA American Dental Association®

2720 Stange Road • Somerset Village • Ames, IA 50010 • 515/268-0516



Janet Anderson-Hsieh
& Cheng Hsieh

Dancing through life
together for over
26 years.

...for a lifestyle you can fall in love with...

For your personal visit call (515) 232-6760
1801 20th Street ♦ Ames, Iowa ♦ www.northcrestcommunity.org

Facets

Facet - n. 1. One of the flat surfaces cut on a gemstone.
2. The particular angle from which something is considered.



ON THE COVER

Robert and Georgia Miller enjoy the comfort of their home in Ames while recounting their personal love story. Photo by Amy Vinchattle/Facets

WANT TO BE IN FACETS?

We're looking for Story County residents to appear as models in future issues. No previous modeling experience is required. Contact us at www.facebook.com/facets magazine if you're interested.

facebook

FIND US ON FACEBOOK

www.facebook.com/facets magazine

FACETS is a publication of Stephens Media Iowa.
PHONE: (515) 232-2160 **ADDRESS:** 317 Fifth St. Ames, IA, 50010

FEATURES

6 LOVE AT FIRST SIGHT

Sixty years ago, the Millers met. They haven't looked back since.

8 KEEPING THEIR PROMISES

After 52 years of marriage, and a few bumps in the road, the Lahms are still going strong.

10 EMBRACING DIFFERENCES

The adage 'opposites attract' is true, and the Andersons have learned how to make it work for the long haul.

DEPARTMENTS

14 BEAUTY

16 NOURISHMENT

18 MONEY

20 FITNESS

23 FACETED WOMAN: SHARI BUSSE

**Alpha
Copies**

& Print Center

*Ames' largest print centers
with 2 convenient locations-
Campustown & Downtown!*

2310 Lincoln Way • Ames, IA 50014

515-292-3121

512 East Lincoln Way • Ames, IA 50010

515-233-5556

Moving soon to 3615 Lincoln Way
(Former Hy-Vee Wine & Spirits)
February 2013!



Getting Married?

Let Alpha Copies
plan your special day!

WE CARRY:

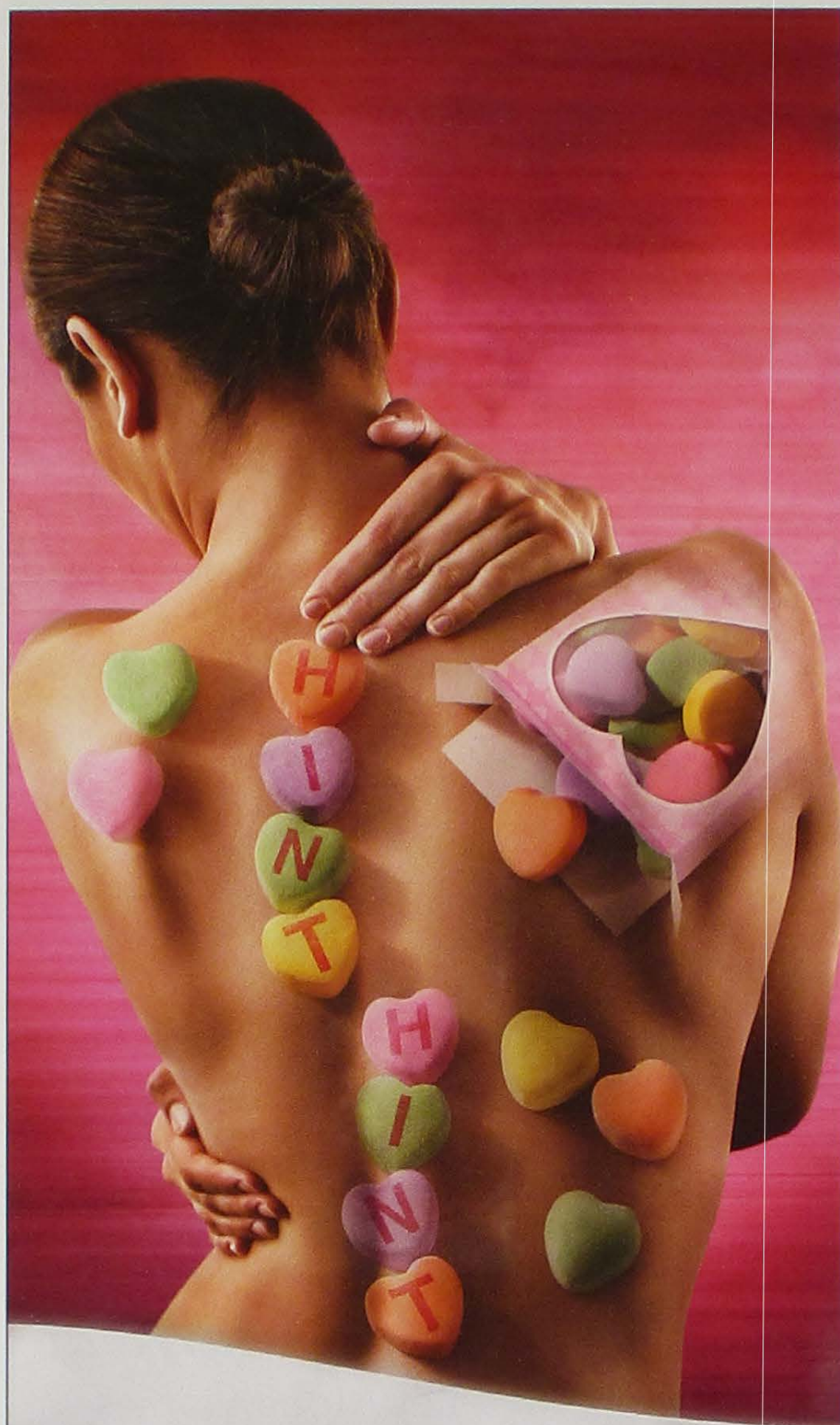
- Invitations
- Programs
- Thank You's

10% off all invitations
including Carlson Craft

50% off wedding programs
when you have
Alpha Copies
print your
invitations

Two
Convenient
Locations to
Serve You

www.alphacopies.com
email: contact@alphacopies.com



Treat the one you love to a little Valentine's Day pampering. After giving a relaxing massage package or a thoughtful gift card, you'll look like a real sweetheart.

body + beyond

1-hour massage with reviving foot scrub, free aromatherapy and 16 oz. relax bath salts – \$84.99*

elevate the everyday™



MASSAGE HEIGHTS®
massageheights.com/ames

Ames
637 Lincoln Way, Suite 103
Ames, IA 50010
515.232.7359

*Introductory rate valid for Members and first-time Guests only. Actual massage time is 50-Minutes hands-on. Retail product may be exchanged for a similar product of equal or lesser value non-redeemable for cash. Additional local taxes and fees may apply. See Retreat for details. ©2013 Massage Heights. Franchise opportunities available.

Sunday, February 3rd

1-4 pm Iowa State University
Memorial Union Great Hall



Bridal fashion show at 3:30pm!

Great door prizes!

Brides pre-register at
www.amestrib.com/bridalexcytement

Meet with local
professionals
that will inspire
and help plan
the wedding of
your dreams!

Ames Tribune
amestrib.com

IOWA STATE UNIVERSITY
MEMORIAL UNION



**FREE
Admission
for All!**

Ames Racquet & Fitness Center
Personal Training:
*Two ways to shape
up your relationship!*



Two for One
Valentine's Special:
You & a partner
train for price of 1!

Packages from 5 sessions to 35
*Each partner first must have an ultimate
assessment(\$49) or recent training



Share your Package
with a family
member &
save!

Offer expires Feb. 15.
Call 515-663-9921 for details!

Gift certificates available!
Better on the hips than chocolate!
Lasts longer than flowers!



www.amesracfit.com

HUNZIKER
& ASSOCIATES
REALTORS®

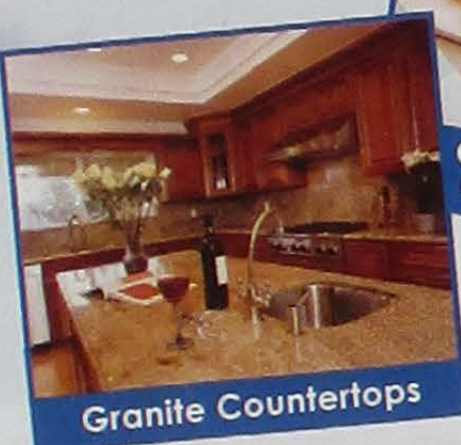
Turning
your
Dreams...



Hardwood Floors



Custom
Colors



Granite Countertops

into an
Address



105 South 16th Street, Ames, IA
515-233-4450 • info@hunziker.com
www.HunzikerRealty.com

General Contracting,
Additions, Bathroom,
Kitchen, and
Basement Remodels



Mike & Michelle needed to make some updates to their plumbing, which opened the door for them to update some of the fixtures in their bathroom as well.

Their local plumber had recommended Geisinger Construction to do the drywall and trim repair in their bathroom.

Based on this recommendation, they selected Geisinger Construction for their remodel.

"We were very pleased, that in the midst of a busy season, they were able to work in this small job," said Michelle.

"They were punctual, completed the work quickly, and we were pleased with the finished project."

"Based on our experience, we would use them again in the future".



CONSTRUCTION Inc.

- Residential
- Light Commercial
- Farm

P.O. Box 544 • Ames, Iowa

515-232-8951

geisingerconstruction@hotmail.com



Photo by Amy Vincattle/Facets

Love at first sight (really)

BY ROXANNE DASS

For Robert Miller, of Ames, it was love at first sight when he saw his future wife, Georgia. Sixty years later, he is just as in love with her as when he first laid eyes on her.

Robert, 84, and Georgia, 76, grew up in Cambridge. Following his high school graduation, Robert pre-registered for the Army. In 1945, Robert was sent to Fort Knox in Kentucky for training, then shipped to Japan for a year. When he returned from overseas, he signed up with the reserves and was later called to service in Korea.

When he came home from Korea, he started working in Nevada and went to ball games in the evenings. Every night after the ball games, Robert and his brother Leo would go to one of Cambridge's two restaurants.

"I saw this beautiful girl sitting on a park bench by the restaurant. Out of the three girls sitting on that bench, Georgia was the one I wanted to be with."

Robert Miller

"... From the minute I saw him, I wanted to be with him, but I was too bashful to say anything."

Georgia Miller

"When I came back, I saw this beautiful girl sitting on a park bench by the restaurant," Robert said. "Out of the three girls sitting on that bench, Georgia was the one I wanted to be with."

Georgia said she felt the same way when

she first met Robert, and she was also impressed with his car, a 1949 Ford.

"He had a hot car," Georgia said, laughing. "But from the minute I saw him, I wanted to be with him, but I was too bashful to say anything."

Robert admired Georgia from afar until one day when he gave her a ride home.

"The thing is, he didn't say a single word to me the entire drive home," said Georgia.

Robert asked Georgia on a date that night, and after 10 months of dating (Georgia had to graduate from high school) the couple got married on May 14, 1952. They have three children: Greg, 60, Shelley, 57, and Janice, 55. They also have seven grandchildren and nine great-grandchildren.

Robert and Georgia have taken seriously their vows "for better or for worse" and stood with each other through thick and thin.

"We found we needed each other for everything," said Robert.

When Georgia had back surgery last March, Robert took over as caretaker – cooking and cleaning, helping Georgia bathe and get dressed.

Robert and Georgia said God is the only key to a perfect marriage, but there are several things they have done to make a successful marriage.

"We've done so many mutual things together that our demands of each other are not very hard," Robert said.

The two share a love of travel and camping. Through the years, they have taken trips with family and friends, but always together, often changing their travel plans on a whim.

"We were supposed to go to Bella Vista (Arkansas), but the day before we were supposed to leave, Georgia said she felt like going to Colorado instead," said Robert. "We just went, as long as we were together."

During a trip to Utah, Idaho, Colorado and Yellowstone National Park, Georgia had a broken ankle. But it was still one of their favorite trips because they were with good friends and each other.

"To have been able to see the beauty of Earth and share it with Robert made it a wonderful trip," Georgia said.

Robert and Georgia still take day trips together, rarely spending time apart.

"It was love at first sight," Robert said. "I knew I wanted Georgia by my side all the time, through the fun and challenges and that's exactly what she's done." ♦

"It was love at first sight. I knew I wanted Georgia by my side all the time, through the fun and challenges, and that's exactly what she's done."

ROBERT MILLER

THE CAR THAT STARTED IT ALL

"HE HAD A HOT CAR," GEORGIA SAID, LAUGHING. "BUT FROM THE MINUTE I SAW HIM, I WANTED TO BE WITH HIM, BUT I WAS TOO BASHFUL TO SAY ANYTHING."

ROBERT ADMIRER GEORGIA FROM AFAR UNTIL ONE DAY WHEN HE GAVE HER A RIDE HOME IN HIS 1949 FORD. THE REST IS HISTORY.





Still keeping their promises

BY CAROLINE NICHOLS

Stan Lahm sits comfortably across from his wife, Lucille, at the dining room table at their home in Ames, and they exchange a knowing look that only 52 years of marriage can forge.

The couple relates a story Stan and Lucille know by heart. It is their story of keep-

ing the promises they made to each other.

"His sister was my roommate at Trinity in Chicago," Lucille said. "Stan came to visit her and he was engaged to someone else."

Lucille looks up to explain she did not play a role the breakup, then said, "I went with his sister to a family vacation in Minnesota. He wasn't someone I was interested in

and didn't think he was interested in me either."

She and Stan exchanged letters, however, and their interest in each other began to grow.

"We got married 52 years ago last December," Stan said. "I graduated the following spring from University of Nebraska at Lincoln."

Their commitment was soon tested. Stan was teaching science in Nebraska when Lucille gave birth to their first daughter four months early, and without help from a doctor.

"At five weeks old, she weighed less than two pounds," Stan said. "Those first years financially were very lean. We saved and saved to buy our daughter her first high chair and we still have it 46 years later."

The couple had three more daughters. Lucille recalled the struggles of her family's early years.

"It wasn't what I thought marriage would be like and I got bitter," she said.

She kept anchored with the words their pastor spoke on their wedding day.

"Someday you are really not going to like the person you married... and you are going to wonder why you married them," she repeated his advice. "Those days are going to come, but instead of running away from it, you settle it by your faith in God and your promise to one another."

Lucille looks up, and then said, "I made a commitment."

Stan relied on the same commitment when frustrations arose.

He pauses to look at Lucille through large, brown glasses.

"You come to points in your life where things aren't going well," Stan said. "You may think you are a pretty level-minded person, but sometimes your mind wanders and that's when you have to go back to the promises you made."

Lucille admits their worst arguments were while traveling.

"I am a terrible back seat driver and passenger," she said.

They moved to Iowa in 1966, and finding a church was one of the first priorities. They have been attending Ames Evangelical Free Church for the past 40 years. The couple found encouragement, prayers and support from their close church friends when one of their daughters became addicted to alcohol in college and later endured through an abusive relationship and divorce, they said.

As Stan and Lucille strived to support their children, they looked to older, wiser couples for help. The church community surrounded them with good examples, and now the Lahms hope to pass along encouragement to others.

"Your promises will be put to the test," Lucille said. "You will go through trials, but they can be a strengthening operation."

Stan added "God has kept His promises to us, so we know we can keep promises to each other with His strength." ♦



Stan and Lucille Lahm have been married for 52 years and know the importance of commitment. Days of doubt will come throughout the marriage, "but instead of running away from it, you settle it by your faith in God and your promise to one another." Photos by Amy Vinchattle/Facets

"You come to points in your life where things aren't going well. You may think you are a pretty level-minded person, but sometimes your mind wanders and that's when you have to go back to the promises you made."

Stan Lahm

"Your promises will be put to the test. You will go through trials, but they can be a strengthening operation."

Lucille Lahm

"I'm extremely extroverted, but I was drawn to Luke, who's introverted to the other extreme, because of his quiet gentleness."

Holly Anderson

"I loved her passion for life, for people and for God."

Luke Anderson

EMBRACING DIFFERENCES

BY KATHY HANSON

Holly Anderson of Ames knew when she met Luke Anderson they were polar opposites in many ways.

Holly, 29, a petite brunette, moves and speaks with vivacious energy that belies her diminutive size. Luke, 30, a tall blonde, is more likely to get his point across with a quiet smile, a gleam in his eye, and a soft-spoken word or two.

Working in parallel college ministry activities at Stonebrook Church before they married in May 2008, the couple had ample time to observe each other in the often mundane, sometimes messy, but always challenging milieu of relationships with college students.

"We knew what we were getting into with each other," Holly said. "I'm extremely extroverted, but I was drawn to Luke, who's introverted to the other extreme, because of his quiet gentleness."

Holly found she could be herself with Luke, and did not have to worry about being judged for mistakes.

Luke was drawn to Holly's energy and

ease in connecting with people.

"I loved her passion for life, for people and for God," he said.

When Holly learned she was pregnant immediately following their honeymoon, she and Luke realized they wouldn't have much time to establish patterns of relating as a couple before they became parents, but had the advantage of being trained in basic counseling as part of their ministry preparation.

"We know how our personalities contribute to the dynamics of our relationship, for example, and how to deal with triggers from the past or with spiritual struggles," Holly said.

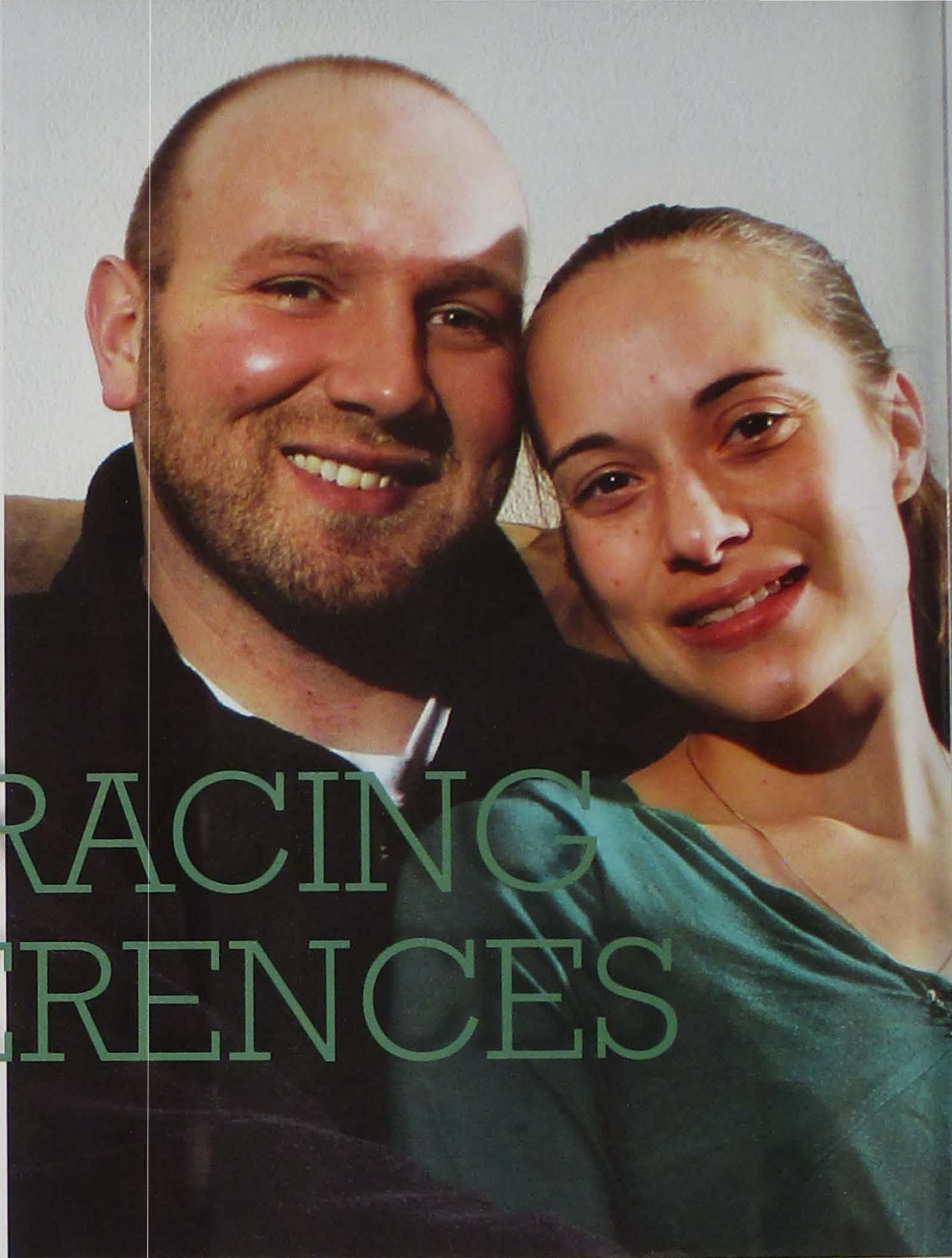
Now a campus ministry team for Stonebrook Church, the couple has three children:

Joshua, 3, Liam, 2, and Eva, 3 months.

"I'm really glad we made it a habit early in the marriage to focus on each other," Luke said.

"We've been through times when Luke has had to work 60-80 hours a week," Holly said. "We make it a point to have quality time together when he has a day off. We turn off our cell phones and abstain from social media. And we have a date night every week, even if we don't have a sitter. We put the kids to bed early."

Holly said a bedrock foundation of the marriage is belief that neither person would ever intentionally hurt the other, "but it still takes effort to believe that in the moment."



Luke Anderson, an introvert, and Holly Anderson, an extrovert, embrace differences by focusing on each other's needs. In May, they will be married for five years. Photo by Nirmelendu Majumdar/Facets

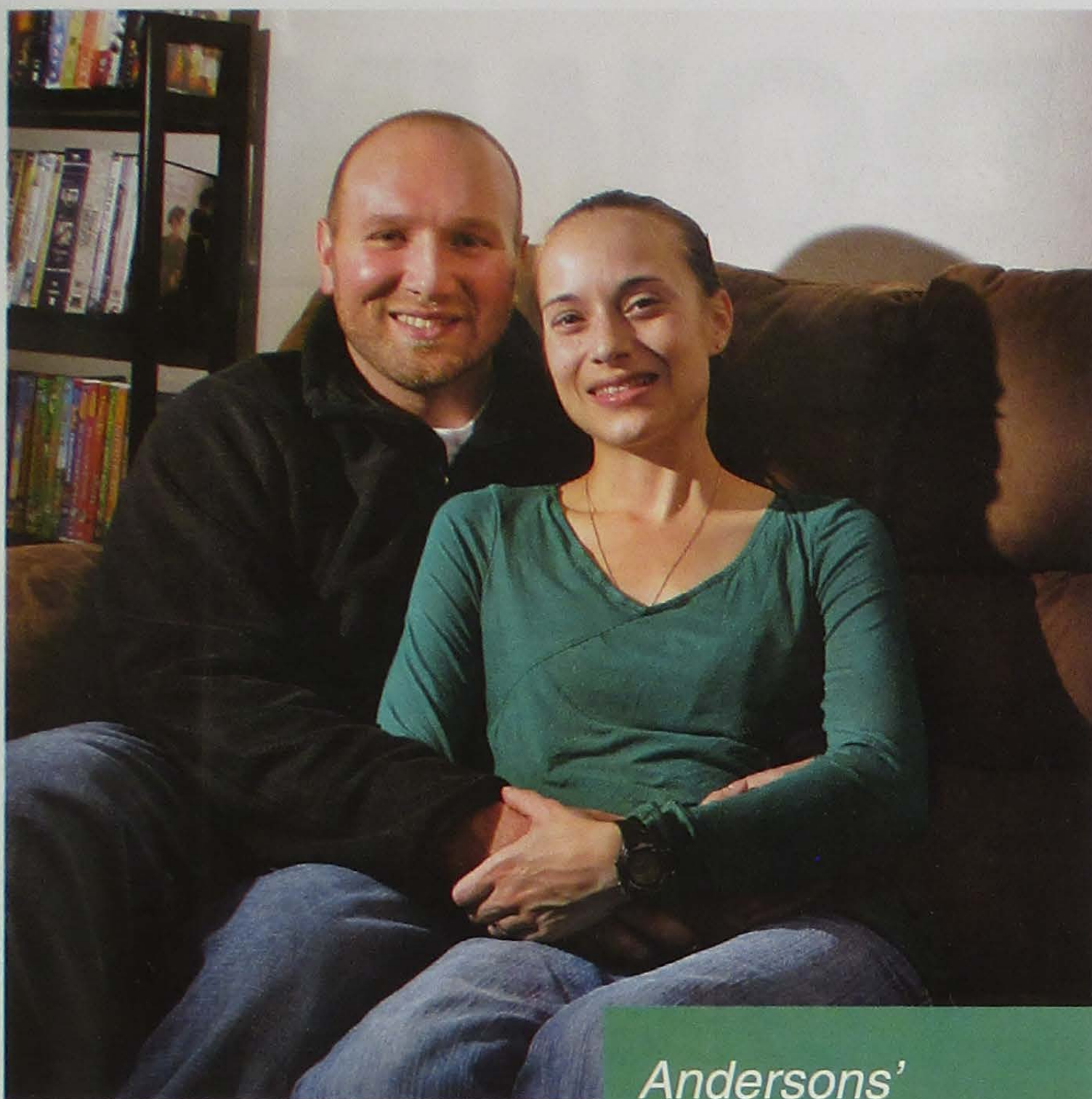


Photo by Nirmelendu Majumdar/Facets

Luke said it's key for him to maintain Holly's trust in how much he loves her.

"I want that for both our sakes," he said. "If I bring up a negative, it's because I love her and not because I'm trying to hurt her and the same is true of her. Neither of us likes conflict, so the point is to bring up a concern as soon as possible, but always starting with something positive."

Luke said he uses his introverted "down-time" to ponder ways to allow Holly to express her extroverted nature.

"It's something I actively pursue, so in the busyness of life, my heart doesn't get colder toward her," he said. "I make it a practice not to get annoyed or resist it, but to embrace it."

Similarly, Holly said she tries not to "over speak when Luke first gets home and needs to process things internally."

"I sometimes just sit quietly with him," she said. "Luke has found I don't exhaust him with my extroversion. I've learned to sit and be quiet to let him recharge."

The couple says maintaining an intimate relationship in the midst of a busy vocation and with three small children takes more than a focus on each other. It requires support through connections with family, church, friends and community, and a foundation built on faith in God and each other, and mutual love and respect. ♦

Andersons' relationship advice for couples

Trust each other's good intentions. If you struggle with that, seek expert help.

Cultivate healthy, supportive relationships with parents, older couples and other couples in the same season of life who are honest with you and who will encourage you. Be humble enough to accept advice.

Make time to continue to enjoy the things that drew you to each other in the first place.

Sustain your love with respect and affirmation.

Bring up concerns as quickly as possible.

Know yourself, and know what triggers an undesirable response.

Understand and embrace each other's personality and learn from each other's differences.

Discover THE LINDENS at Green Hills



- Spacious 1 and 2 Bedroom assisted living apartments
- Enjoy restaurant style dining with over 20 daily options
- Call us for a personal tour



THE LINDENS

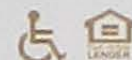
Assisted Living at Green Hills

2355 HAMILTON CIRCLE

AMES, IOWA 50014

(515) 296-5000 • www.GreenHillsRC.com

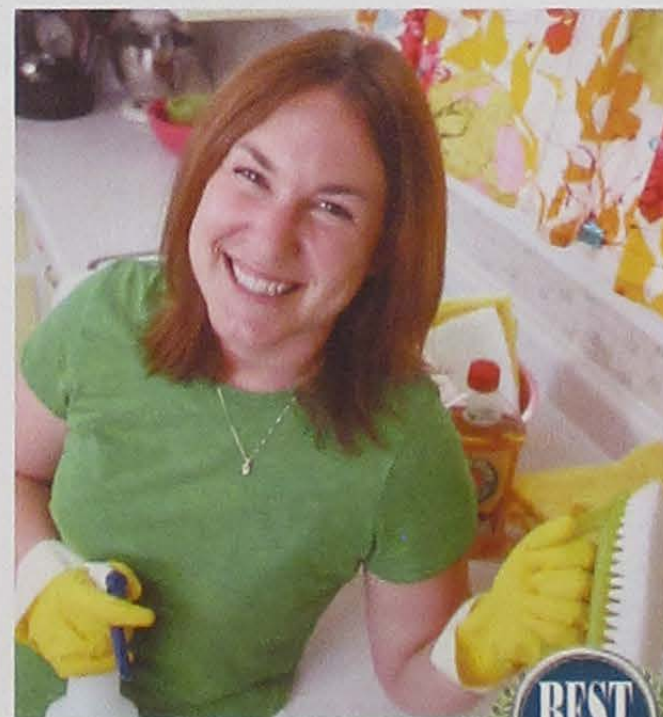
Managed by Life Care Services™



ISU Alum ECO Friendly
Ames Business

Residential Cleaning

~setting the standard in Ames



Call us today!



ProfessionalHomeAmes.com

515-232-8029

email: info@professionalhomeames.com

Husqvarna VIKING
Fabrics • Notions • Patterns • Classes • Books • Sewing Machines

Quilting Connection

PICNIC!
by Marny Buck & Jill Guffy of
MODERN QUILT RELISH

- Meet the authors
- See the featured quilts in book
- Get a personal copy signed
- Share the excitement!

Sat. Feb. 2nd
1:00-3:00 pm.

Quilting Connection
238 Main Street, Ames
515-233-3048 • www.iaquilts.com
Hours: Mon. and Thurs. 10-8
Tues., Wed., Fri. 10-5:30, Sat. 10-5, Sun. by appointment

The Frame Shop



The Art of Custom Framing
210 Main Street, Ames • 515-232-8408 • 515-520-1081

**Fine Art • 1000's of Mats &
Mouldings • Flat Earth Gallery**

Proudly serving Central Iowa & the rest of the
world for nearly 35 years.

www.amesframeshop.com

M-F 9am-5:30pm • Sat: 9am-3pm • Flat Earth Gallery Open by Appointment

DOWN TO

SAVE \$1
ON ANY BASKET
DEAL

Coupon expires 3-31-13

Limit 1 coupon per order per visit.
Please present this coupon before ordering.
Redeemable only on items selling at regular price. This coupon not redeemable with any other coupon offer and is valid only at participating Dairy Queen® Stores.

SAVE \$3
ON ANY
DQ CAKE
(8" or larger)

Coupon expires 3-31-13

Limit 1 coupon per order per visit.
Please present this coupon before ordering.
Redeemable only on items selling at regular price. This coupon not redeemable with any other coupon offer and is valid only at participating Dairy Queen® Stores.

FREE
ONE JULIUS ORIGINAL
OR PREMIUM FRUIT
SMOOTHIE
with the purchase of
one of equal
or greater value

Coupon expires 3-31-13

Limit 1 coupon per order per visit.
Please present this coupon before ordering.
Redeemable only on items selling at regular price. This coupon not redeemable with any other coupon offer and is valid only at participating Dairy Queen® Stores.

SAVE \$1
ON THE
PURCHASE
OF A
BLIZZARD®
(small, medium
or large)

Coupon expires 3-31-13

Limit 1 coupon per order per visit.
Please present this coupon before ordering.
Redeemable only on items selling at regular price. This coupon not redeemable with any other coupon offer and is valid only at participating Dairy Queen® Stores.

ONLY \$1.99
MOOLATTE®
(medium)

Coupon expires 3-31-13

Limit 1 coupon per order per visit.
Please present this coupon before ordering.
Redeemable only on items selling at regular price. This coupon not redeemable with any other coupon offer and is valid only at participating Dairy Queen® Stores.

SAVE \$1
ON A SHAKI
OR MAL®
(medium or large)

Coupon expires 3-31-13

Limit 1 coupon per order per visit.
Please present this coupon before ordering.
Redeemable only on items selling at regular price. This coupon not redeemable with any other coupon offer and is valid only at participating Dairy Queen® Stores.

DQ Restaurant
316 Lincoln Way • 232-5715

Only \$4.49
4-PC CHICKEN STRIP BASKET
(drink not included)

Coupon expires 3/31/2013
Limit 1 coupon per order per visit.
Please present this coupon before ordering.
Redeemable only on items selling at regular price. This coupon not redeemable with any other coupon offer and is valid only at participating Dairy Queen® Stores.

Reserve your spring and summer appointment today!



miss meyer's

CLOTHING CONSIGNMENT LLC

432 5th Street | Ames | (515) 598-4471

MON CLOSED • TUES/WED/FRI/SAT 10-5 • TH 10-7 • SUN 1-5

MissMeyersConsignment.com

Make your Dreams come True!

*Why pay more when you can have
estate quality for LESS?*



Shari K's
ESTATE JEWELRY
www.ShariKsEstateJewelry.com

Like Us On
facebook

223 Lincoln Way, Ames
515-232-4665

Corner of Kellogg & Lincoln Way
M-F 10am-5pm, Sat 10am-4pm



WN

Ames Spotlight



A proud sponsor of



Children's
Miracle Network
Hospitals



Left to right: John Gainor, President and CEO of International Dairy Queen, Inc., Ed Sorenson receiving his 40 year award, Al Sorenson, Dan Kropp, Exec. VP Operations. The Sorenson family has been in the business for 60 years.

The Dairy Queen® System now has over
6,000 stores worldwide.

Dairy Queen is part of Berkshire Hathaway.

Located on the original Lincoln Highway
(316 Lincoln Way) at Kellogg • 232-5715

Let's get down to
business

To advertise
call me today!
KK O'Neill
663-6956

Inserted into the Ames
Tribune, Nevada Journal &
Tri County Times for a total
circulation of over 12,000!

Facets

VALENTINE'S DAY
GIFT IDEAS:
MASSAGES
FACIALS
BATH & BODY PRODUCTS
JEWELRY
GIFT CARDS
and so much more!

It's all
about ME!
Boutique & Spa

515.233.1399
209 Main Street
Ames, Iowa 50010

www.itsallaboutme-spa.com



This Valentine's Day,
show the ladies in your
life how much they
mean to you with
a gift from
Moorman Clothiers!



Moorman
CLOTHIERS

DOWNTOWN AMES | DOWNTOWN MASON CITY

515-232-3261

641-423-5222

Mon, Tues, Wed and Fri 9:30-5:30 • Thur 9:30-8 • Sat 9:30-5

www.moormanclothiers.com

Memorable Gifts
We can put YOUR photo on...

CANVAS

METAL

JEWELRY

LOTS of great choices under \$30 too!

photosynthesis
PHOTOSYNTHESISIA.COM

232-8050 • 317 Main • Downtown Ames

STYLEYES

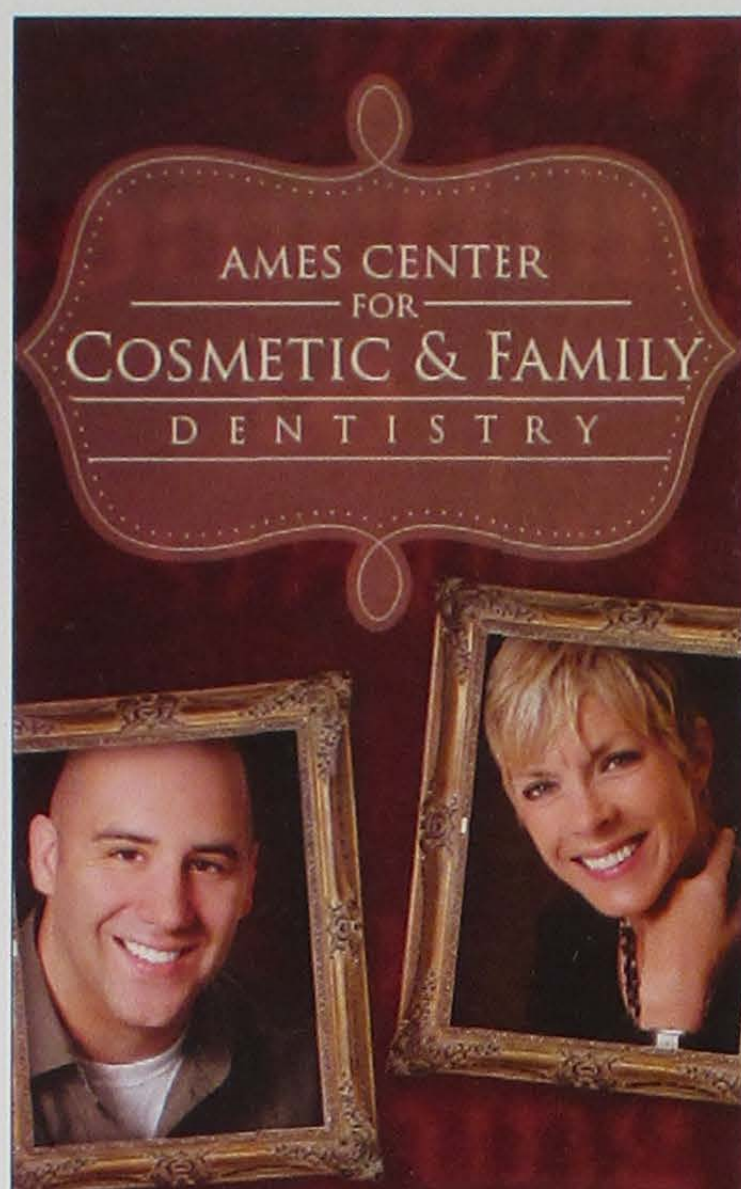
exams with care
frames with flair



Downtown Ames • 301 Main St. Ste.5 • Ames, IA • 50010

515-232-1436

www.StyleEyesIowa.com



AMES CENTER
FOR
COSMETIC & FAMILY
DENTISTRY

Poor periodontal health
has been linked to *diabetes*,
heart disease and *low birth*
weight babies.

.....
With regularly scheduled
hygiene appointments, we
can help you achieve a
healthy smile for
a **healthier life**.

.....
Call us to schedule your
periodontal appointment.



**Dr. Amie
Rockow-Nelson**
(515) 956-3700
415 South Duff Ave.
Suite D, Ames, Iowa
docrockdds.com



Thinkstock Photo

After 35 years of business, relationships
built remain the most important aspect



**MARY CLARE
LOKKEN**

I was recently inspired
by a message I read
on Facebook from PCI
Academy graduate Eraka
McCulla, of St Louis.

"I want to thank every
one of you that comes to
visit me in the salon," Mc-
Culla wrote. "It is very
touching that you have
trusted me with not only

your hair, but your heart. I am continuously
amazed at the relationships that have been
built over hair."

As the daughter, sister, mother and aunt
of hairdressers, I know the trust that comes
from relationships built in the salon and
school. Please allow me to use the term
"we," as I have always been in the beauty in-
dustry and feel so much a part of it.

We have the privilege of working with
people through wonderful and tough times

"I want to thank every one of you that comes to visit me in the salon. It is very touching that you have trusted me with not only your hair, but your heart. I am continuously amazed at the relationships that have been built over hair."

Eraka McCulla, PCI Academy graduate

Relationships are the life blood of happiness. Your beauty professionals are a great place to start. They stand ready to use their talents and can lift your spirits and make you laugh. Let them. It's the reason they went to beauty school — to serve others and to make them happy.

Mary Clare Lokken, Owner of PCI Academy

in life. We cut baby's first curl and save the lock in a little envelope. We cut and style the last look worn to the grave. We prepare you for First Communion, prom and weddings.

We hold your hand through all the stages of life, even offering your style at no charge when you lose your life partner. We listen and don't share. We encourage and don't judge. We worry and say prayers.

This year is special for all of us at PCI Academy. It's our 35th anniversary on June 20, but we will celebrate all year long. We will have a history wall, and ask anyone who has photos or stories to place them on the wall under the appropriate decade. I hope some of our first clients from 1978 will stop in again to say hello.

We will post stories, audio and video from over the years on www.pci-academy.com. Our students will wear special red reunion t-shirts in the eight parades we will attend.

But this isn't about PCI as much as it's about the relationships we've built in the 35 years since my parents, Marian and Clayton Lokken, and I established our school. So many wonderful students, educators and guests have come through our doors. Each one left an impression on us. Each one is a piece of our collective heart. We celebrate all of you, and hope that our relationship was of value to you as well.

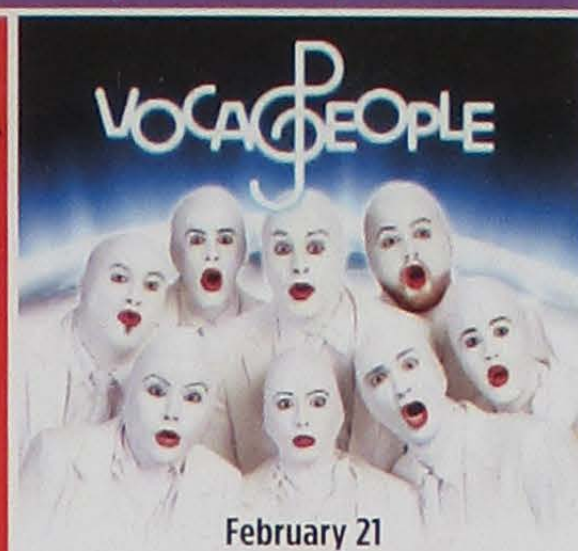
Relationships are the life blood of happiness. Your beauty professionals are a great place to start. They stand ready to use their talents and can lift your spirits and make you laugh. Let them. It's the reason they went to beauty school — to serve others and to make them happy. ♦

Mary Clare Lokken is the owner of PCI Academy in Ames. She writes this column after consulting with educators there. Reach her via email at MaryClareLokken@aol.com.

New and Noteworthy at Stephens!



February 14



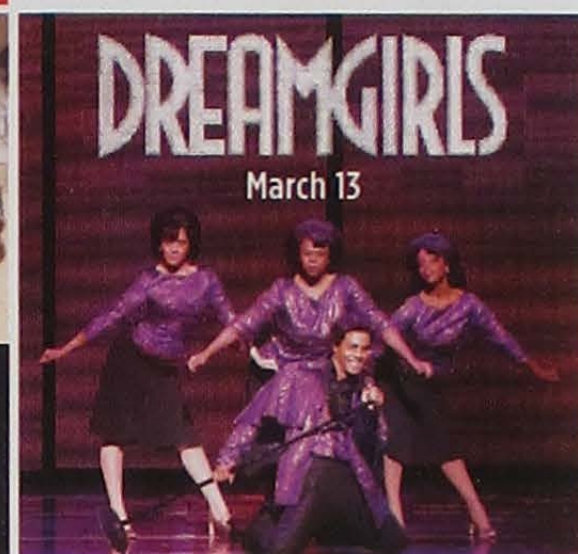
February 21



CHINA NATIONAL SYMPHONY ORCHESTRA

March 2

OVERTURE DINNER Social 5:30 pm & Dinner 6 pm



March 13



Stephens Auditorium
2012-2013 Performing Arts Series

IOWA STATE UNIVERSITY | www.center.iastate.edu | 515.294.3347

China National Symphony Orchestra Sponsored by
Durbin & Zheng Family
in memory of Guangyi R. Zheng

Supported by
AIOFA and Ames Commission on the Arts

ORDER YOUR TICKETS TODAY!

Stephens Ticket Office | ticketmaster.com | 1-800-745-3000 | Ticketmaster Outlets



For over 36 years, Ames Silversmithing has offered gold, silver and platinum bullion to their clients. From American Eagles, Canadian Maple Leafs and Mexican 50 pesos to Swiss Pamps, South African Kruggerands and Chinese Pandas, Ames Silversmithing is your very best precious metals dealer!

AMES
SILVERSMITHING
Designers & Goldsmiths

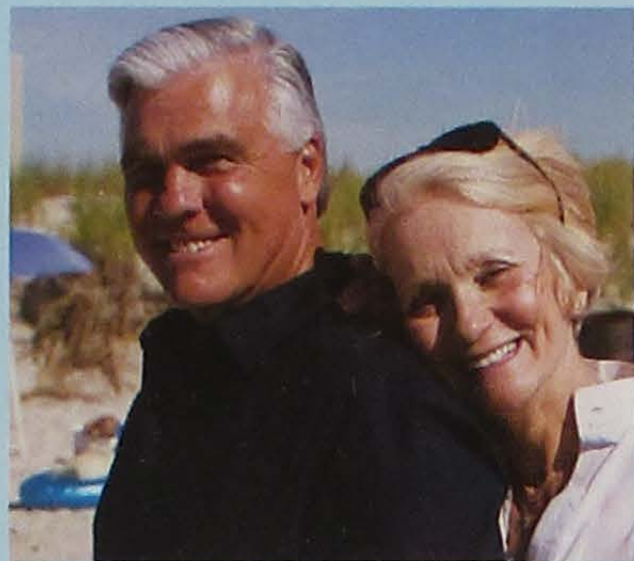
www.amesilversmithing.com

220 Main

Downtown Ames

515-232-0080

I'll help you plan for your future



Call Karen
Call 232-2785

❖
Listen
❖
Identify
❖
Design
❖
Transform



**Because life is...
more than money.**

Karen L. Petersen, CFP®
2613 Northridge Pkwy (Somerset)
515.232.2785

Karen@myMoreThanMoney.net

*Registered Representative Securities offered through Cambridge Investment Research, Inc. a Broker/Dealer, Member FINRA/SIPC
Investment Advisor Representative, Cambridge Investment Research Advisors, Inc., a Registered Investment Advisor.

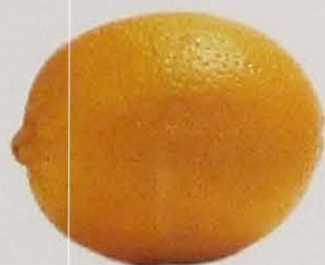
nourishment | NUTRITION POWERHOUSES

Eat vitamin-rich foods to avoid the cold, flu

During the cold winter months, oranges, kumquats, mandarins, lemons, limes and other citrus fruits are at their peak of flavor, and a favorite fresh fruit for many people. With their excellent source of Vitamin C, they are the perfect snack to help fight colds and flu this season.



AMY CLARK



CITRUS

The potassium found in citrus fruits may help maintain healthy blood pressure, while the folate may maintain lower levels of homocysteine, thereby lowering the risk for heart attack.

Important for managing diabetes, the soluble fiber in citrus helps lower cholesterol and helps control blood sugar.



KALE

Kale, most flavorful and tender during the winter months, tops the list of healthiest vegetables you'll find in the produce aisle. It's an excellent source of eye-healthy carotenoids — including beta-carotene, lutein and zeaxanthin — which may help prevent macular degeneration and cataracts.

Kale also provides an abundant supply of sulforaphane, a potent cancer-fighting agent, and is packed with heart-healthy vitamins A and C, folate and soluble fiber.

Kale is a bone-health booster as well, and provides Vitamin K and calcium, another reason to add this superfood to the grocery list.



CAULIFLOWER

Cauliflower is a nutritional powerhouse that contains 8 grams of fiber in every 100 calories. Cauliflower is an excellent source of Vitamin C, Vitamin K and folate, and is a good source of potassium, B vitamins, magnesium and fiber.

This winter vegetable comes in a variety of colors, making it easy to create colorful and healthful meals and snacks. Steam and mash as an alternative to mashed potatoes.



DARK CHOCOLATE

Dark chocolate may improve blood pressure and reduce the risk of developing hypertension. Cocoa beans are naturally filled with flavonols, an antioxidant-rich compound that promotes healthy circulation and blood vessels while lowering blood pressure. Dark chocolate may also reduce LDL, or bad cholesterol.

Just remember a little bit of chocolate can go a long way. Make it an occasional indulgence and choose the best chocolate by looking for the cacao content; the higher the cacao content, the more antioxidants. ♦

Amy Clark earned a bachelor's degree in nutrition and dietetics from Iowa State University in 2003. She is a member of the American Dietetic Association and received a certificate in adult weight management in November 2006. Her goal at Hy-Vee is to increase awareness of the impact nutrition can have on well-being and quality of life. She encourages people to focus on making healthy lifestyle changes one step at a time. Reach her via email at 1013Dietician@hy-vee.com

Recipes



Lemon Oregano Chicken

Serves 4

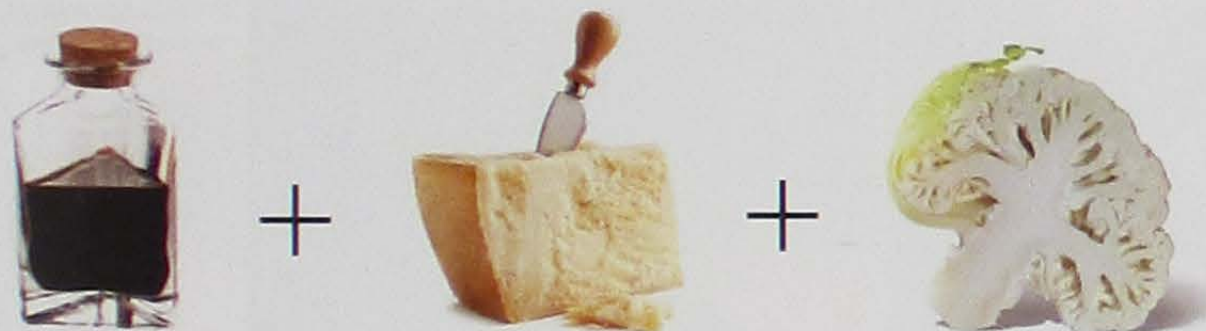
INGREDIENTS:

- 1/3 cup freshly squeezed lemon juice (from 2 lemons)
- 1 tablespoon dried oregano (or 2 tablespoons fresh)
- 1 tablespoon olive oil
- 2 tablespoons honey
- 1 tablespoon grated lemon zest
- 1 pound boneless, skinless chicken breasts

DIRECTIONS:

1. Combine lemon juice, oregano, olive oil, honey and lemon zest in a large resealable plastic bag. Add chicken and marinate for 20 to 30 minutes, turning bag occasionally.
2. Remove chicken from marinade; discard marinade.
3. Bake at 350 degrees for approximately 40 minutes or until temperature at thickest part of chicken reaches 165 degrees.

Nutrition information per serving: 200 calories, 5 g fat, 0 g trans fat, 1.5 g saturated fat, 11 g carbohydrate, 0 g fiber, 65 mg cholesterol, 75 mg sodium.



Balsamic & Parmesan Roasted Cauliflower

Serves 4

INGREDIENTS

- 8 cups (1-inch-thick) slices cauliflower florets
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon dried marjoram
- 1/4 teaspoon salt
- Freshly ground pepper, to taste
- 2 tablespoons balsamic vinegar
- 1/2 cup finely shredded Parmesan cheese

DIRECTIONS

1. Preheat oven to 450 degrees.
2. Toss cauliflower, oil, marjoram, salt and pepper in a large bowl. Spread on a large rimmed baking sheet, and roast until cauliflower starts to soften and brown on the bottom, 15 to 20 minutes.
3. Toss the cauliflower with vinegar and sprinkle with cheese. Return to the oven and roast until the cheese is melted and any moisture has evaporated, 5 to 10 minutes more.

Nutrition per serving: 117 calories, 6 g fat, 7 mg cholesterol, 10 g carbohydrate, 0 g added sugars, 7 g protein, 4 g fiber, 364 mg sodium, 490 mg potassium. Nutrition bonus: Vitamin C (120 percent daily value), Folate (22 percent daily value), Calcium (15 percent daily value).

Source: adapted from *Eating Well, Inc.*

Experience Somerset

*Just
Fabulous
Darling*

*Fun, Flirty & Affordable
Fashions, Handbags & Accessories
for all the women
in your life!*

*Make your Valentine's Day special
with a gift from JFD!*



2610 Northridge Pkwy
Suite 101
Ames, Iowa
(515) 298-0579



*studio7salon
and spa*

for her

60 min therapeutic massage
and platinum pedicure
or deep cleansing facial

\$115

for him

90 min therapeutic massage
and haircut and warm facial
steam towel with aroma
therapy or foot therapy

\$115

515.268.1693

www.studio7ss.com
facebook.com/studio7salon

Financial expectations

MONEY IS OFTEN CITED AS A REASON COUPLES DISAGREE, BUT IS IT REALLY ABOUT THE DOLLAR BILLS?

I Bank...
Worry-Free

"Our switch to FNB was flawless."



1ST FIRST NATIONAL BANK

AMES • ANKENY

What Banking Should Be.

www.FNBames.com

Member FDIC



KAREN PETERSEN

BY KAREN PETERSEN

Money is often cited as a cause of conflict in relationships. Of all of the common things couples fight about, money disputes are the best harbingers of divorce.

According to data from the National Survey of Families and Households, disagreements over finances and sex, but moreso over financial disputes, predicted whether women would divorce. For men, financial disagreements were the

only common indicator of whether they would file for divorce.


Even with those facts, I believe it is not really about money.

IT IS NOT ABOUT MONEY

Money is a vehicle to create the life you want. Money isn't good or bad, and it doesn't make us happy or sad. Money is really an inanimate object, so conflict is not about money — it is about how we spend or save and our expectations regarding money.

HOW DO YOU USE MONEY?

You probably learned about money from your family. Some families save and


*Inspiration
for the
Heart of
Your Home*



CRYSTAL
a fine name in cabinetry

Laura's **Cabinet Gallery**

203 Kellogg • 515.232.6904

purchase everything with cash. Other families might have lots of toys, trips and credit card debt.

Have a frank discussion about how your family dealt with money. Do you use money the same way as your family, or did you decide to be different? This conversation will allow you to understand the reasons you and your spouse might think differently about money.

BE A TEAM

Share big money decisions. Determine an amount of money you will not spend without consulting with each other. This does not mean that ultimately you will always agree, but it does mean that you will communicate about major purchases.

LEAVE ROOM TO BE INDIVIDUALS

Each of you should have an amount of money that is yours to spend as you want. No questions asked and no need to share how you spend. You could spend it every month or save for an important purchase.

COMMUNICATE

One of the most effective ways to avoid

money conflict is to plan a time to talk about money.

At the beginning of the year (February is close enough to the beginning), schedule a meeting to review your financial progress and set goals for the next 12 months.

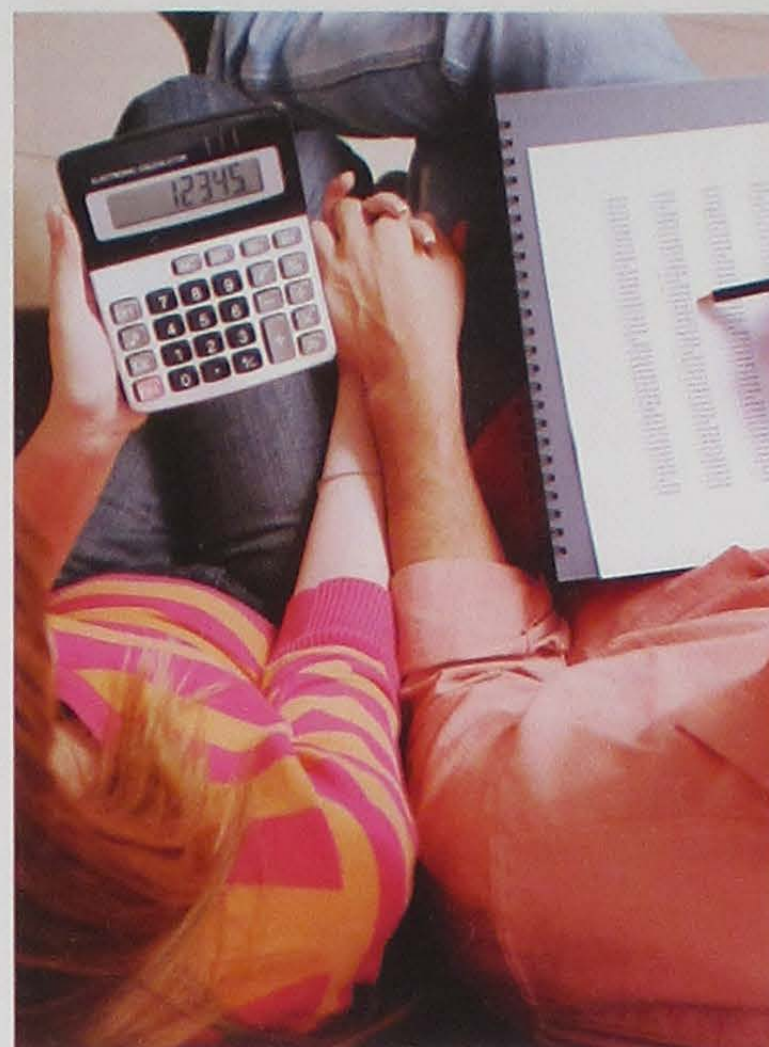
Before making major purchases, schedule uninterrupted time to focus on the cost and impact of the purchase.

KEYS TO SUCCESS

Make a change. Our natural tendency is to resist change. Decide on one financial change, determine the improvement you want, allocate a specific time to investigate options and set a deadline to implement your change.

Your change could be a monthly "money meeting." It could be finding a way to enjoy going out to eat for less than \$10 per meal, or it could be a plan of action to eliminate credit card debt.

Working toward a joint financial change is a great way to reduce stress that often comes with money discussions. And remember, strive for progress, not perfection ... because life is more than money. ♦



Be a team: Share big money decisions with your significant other to avoid any surprise purchases. Thinkstock photo



Mary Greeley Medical Center's
Tenth Annual

Heart Symposium

February 26, 2013
5-8:30 p.m.

MGMC Bessie Myers
Auditorium

Space limited to first 150 paid registrations.
No phone registrations please.



Zonya Foco RD, CHFI, CSP

Name _____

Address _____

City _____ State _____ Zip _____

Phone () _____

☐ \$12 per person (includes meal) Total enclosed: \$ _____

Names of additional attendees if needed:

Make checks payable to "Mary Greeley Heart Symposium"

Mail to: MGMC Heart Symposium

1111 Duff Ave., Ames, IA 50010

Featuring Zonya Foco, registered dietitian, professional speaker, television host, author and guest presenter for "Oprah & Bob's Best Life Challenge." Join us as she presents "Be Good to Your Sweet Heart." There will also be a presentation by a McFarland Clinic cardiologist.

Preregistration is required, send payment with this form or go to www.mgmc.org to register and pay online. For questions, call 515-239-2038.

Invest in your dreams



Pat Brown CLU

Registered Representative

Bus: 515-233-1295

Mon - Thurs 8 am to 6 pm

Friday 8 am to 5 pm

Saturday 9 am to 12 pm

Ask me about State Farm Mutual Funds®. Making the right investment choices today may help you reach your dreams for tomorrow.

Like a good neighbor, State Farm is there. CALL ME TODAY.



Mutual Funds

State Farm Mutual Funds® are available through prospectus by registered representatives of State Farm VP Management Corp. One State Farm Plaza, Bloomington, Illinois 6170. 1-800-447-4930. Please read the prospectus and consider the investment objectives, risks, charges and expenses and other information it contains about State Farm Mutual Funds carefully before investing. AP2010020191. It is important to note that there is market risk involved when investing mutual funds, including loss of principal.

1001081

Facets gets results

I love the results of advertising in Facet's. Nearly every week someone tells me they recognize me from my ad in Facet's. Since I begin advertising in Facet's in 2005, nearly 80% of my new clients tell me they chose to call me because of my ads in Facet's!

Facet's is a well read, top quality local publication. KK O'Neill, Facets Advertising Consultant, is spot on knowledgeable, creative and fabulous to work with.



Karen Petersen, CFP
karen@mymorethanmoney.net

**To advertise call
KK O'Neill
515-663-6956**

fitness | GET INVOLVED

Falling in love along the way



DEBRA ATKINSON

BY DEBRA ATKINSON

What matters is not that you fall, but that you get back up. Your relationship with yourself will be stronger and your world will be bigger.

What follows are excerpts from journal entries the day before and the day after Ironman Cozumel 2012 (for the complete blog visit me on Facebook). It was the third IM started and the second that I finished.

I was not destined to be a great athlete as a youth. I still am not today. But I love the race. Get involved and fall in love.

BEFORE

The gifts along the way here now are in exchanges on elevators and hallways; they come in English and in foreign languages. They're experienced IM (participants) who share their insights with you; share their vulnerabilities with you ... assure you it will be ...

These IM gifts include schools of brightly colored fish sharing the warm water and the buoyant ways of salt water; even the surprise of a jellyfish sting reminding you where you are again.

I am grateful for the health, the means, the time; the love for life that brings me here. I am grateful for the people and animal I am missing. May they all have dreams that I support in return. May I have the chance to tell them so that they know how much their presence and memories mean in the tapestry of my life.

Wide open ... heart, lungs, eyes. That's why I love this race, this world. It humbles me and rewards me and makes me truly feel a part of the human race. It may be speed and endurance that get a pro to the finish line; for the age grouper it's gratitude, reliance on the crowd and the volunteers, and appreciation for what the human body and mind can do.

AFTER

I had been given a gift last year at IM Arizona — many (gifts) actually. I was blessed with a picture perfect day that revealed my cumulative results of both training and healing an injury. I had support of family, a great feeling of gratitude for once again being at the starting line healthy and able to choose to be present.

The same could not be said about my day in Cozumel. The swim was 100 percent visibility and 84 degrees, yet waves tossed swimmers so in the last half-mile 250 to 300 of them were disqualified or pulled from the water.

The bike proved to be rough road, followed by nine miles on each of three loops that included head winds, cross winds or both, accompanied by aid stations out of solid foods that had been promised, already on lap one. ... Those like me, who didn't carry enough of my own ... were going to pay on the run for the lack of fuel.

And so I did. I began the run with a headache, likely from sun exposure and possibly too little food, (but) at least I was hydrated. I walked a good two miles starting the run, attempting to eat a bar and take in some solids while it was still an option.

In so many ways it seemed not likely that three laps of this 8.8 mile loop were going to happen. My head, my stomach and later my legs were all threatening to give up. My will to finish somehow won out. Buoyed by others struggling and by being able to offer them words of encouragement that oddly reinforced what I needed to hear most, I continued.

As I entered the last mile ... there were those in the early stages of their last lap who were faced with making eight miles in just over an hour in order to hear those four little magic words, "You are an Ironman." In the end, many did not make it, as initial results said 1,500 of the 2,700 starting actually did complete the event.

When what seems would never end is moments from being over, my mind and body respond with a surge of emotion so unbelievably intense that I can't help but run and smile at what I've done and what I've witnessed.

I did what I came to do.

I am an Ironman. ♦



Photo by Eli Hamann/Facets

WARM UP THE RIGHT WAY

Before you jump head first into that zealous exercise program, make sure you're starting at the right intensity and have a smart approach to progression. In addition, take care to warm up twice. That's right! Warm up with a 5- to 10-minute bout on the treadmill or bike to elevate core temperature. Then provide your body with some more functional movement. This can help prevent aches and pains later and make sure vulnerable areas like your lower back are ready for exercise.

Move of the Month

SINGLE LEG HINGE (SHOWN ABOVE)

1. Focus on your gluteus and hamstrings working together with your core and the rest of your exercise results will be better. Doing unilateral work (one leg at a time) will show you immediately where you have imbalances that you'll want to work on through stretching or strengthening.
2. Balance isn't a prerequisite for this exercise. You can use the back of a chair, and should. Hinge from your hip, keeping the back of the body in a straight line. Hold a weight in your hand, and you need not go all the way to the floor.
3. Keep your hips parallel to the floor as much as possible. That said, the hip of the lifted leg will want to open out to the side. Some strong core muscles will help you stay rotated toward the floor.
4. Perform 10 on each side, or stop sooner if you lose good form. Train just the good ones!

Facets presents Your Home Buying Checklist

Buy into the Circle of Ames Businesses

Kim Iiams

Vice President Residential
Mortgage Originator
Office: (515) 290-1464
NMLS ID#: 571186
kiiams@bankerstrust.com

**Bankers
Trust**

BankersTrust.com
Member FDIC



**Choose your
bank**

Paul Livingston

CRB, CRS, GRI
105 S. 16th St.
Ames, IA 50010
515-291-0154

**HUNZIKER
& ASSOCIATES**
REALTORS



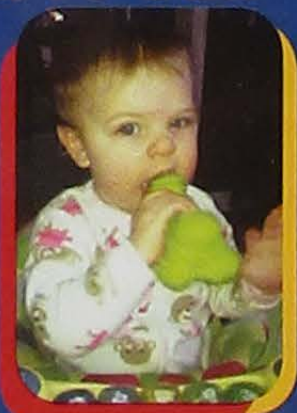
**Choose your
realtor**

"Give My Dad A Call"

Brent Bagley

Comfort Solutions Expert
Bus: (515) 292-GO CY
brent.cyclone@gmail.com
4269 Cameron School Rd.
Ames, IA 50014

Cyclone
TOTAL INDOOR COMFORT



**Choose your
plumbing, heating
& cooling company**

Mandee Lind

Insurance Agent
Office: 515-232-5240
Fax: 515-232-3093
mlind@triplettcompanies.com

Triplett
COMPANIES
Serving Central Iowa Since 1912



**Choose your
insurance
company**

faceted woman | SHARI BUSSE

Name: Shari Busse

Age: 54

Position: Jeweler and owner of Shari K's Estate Jewelry

Family: Mother lives in Oregon; a sister and three brothers, living in Minnesota, Oklahoma and Kentucky.

What would you do with \$1,000 to spend on yourself?

I would go out and purchase hardcover books for research. I enjoy reading about just about anything.

Your favorite meal:

A large plate of juicy chicken marsala. It is decadent to the palate for me.

Craziest fashion you ever wore:

A bumble bee costume, with black legs.

Your favorite motto:

Do unto others as you want done unto you.

What makes you happy?

I love making others smile, laugh and be happy. It thrills me to see the sparkle come back into someone's eyes. It is the simplest and most economical way to make me happy.

What makes you feel confident?

I feel most confident when I have done my research and studies and I know what I am talking about.

What have you accomplished that has made you proud?

I became the 1976 Minnesota State Woman's Canoe Racing Champion with the help of a partner. Canoeing is a fabulous workout, not to mention you can see territory you wouldn't be able to see necessarily if you weren't on the river or lake.

Do you believe in New Year's resolutions?

No, I don't believe in New Year's resolutions. I set goals for myself year round and it keeps me on my toes.

Best tip to look and feel great:

I drink gallons of water so I can feel and look to the best of my ability. The body needs this quench every day.



This month's faceted woman, Shari Busse, is a jeweler and the storefront owner of Shari K's Estate Jewelry. She enjoys reading just about anything, and believes that knowledge is power. Contributed photo

How do you take care of yourself financially?

Working smart and diligently, and setting high goals for myself with my business, Shari K's Estate Jewelry, has kept me financially moving forward. I am always looking forward to completion of my next goal.

If you could do or be anything you want, what would it be?

If I could do or be anything I wanted to, I would be an underwater biologist. Connecting and discovering the underworld of the oceans would be priceless and fascinating to me.

If you knew then what you know now, what would you have done differently?

If I had the knowledge way back when that I have now, I would have gone to college and received my masters and jumped into the foreign waters of the oceans and studied the new finds and the existing animals and riches they have.

How do you reward yourself?

When I want to reward myself after completing a business or personal goal of mine,

I purchase a book for myself to further my knowledge of whatever comes to me at the time of my shopping trip, with a hot cup of coffee and a little chocolate.

My idea of a nightmare job:

Working with snakes, but it wouldn't be a nightmare, I suppose because I would probably have a heart attack first before the nightmare even began.

My simplest pleasure:

Spending time with my three kitties: Monkey BooBoo, Huckleberry and Loveygirl. They all have their own character quirks. They make me laugh and give their love unconditionally.

I crave:

Knowledge of all things. Knowledge is power.

What financial advice would you give other women?

The real measure of your wealth is how much you'd be worth if you lost all your money. Be an honest person first. ♦

♦ DO YOU KNOW A FACETED WOMAN? You can nominate her on our Facebook page at www.facebook.com/facetsmagazine.



A Taste of the Tropics

at **HyVee**

FEBRUARY 2013

Enjoy a tropical escape without buying airline tickets or packing a suitcase. The sweet flavors and fruity aromas of tropical fruits transport our minds to a far-away, sun-drenched paradise. For winter-weary Midwesterners, tropical fruits from Hy-Vee are your ticket to that far-away place.

FEATURED FRUIT- KIWI

- **Selection:** kiwi should "give" slightly to gentle pressure
- **Storage:** Store firm kiwi at room temperature until they give slightly to gentle pressure.
- **Preparation:** Simply slice the kiwi in half and scoop out the fruit with a spoon.
- **Nutrition:**
 - o Kiwi fruit scores a perfect 100 on the NuVal™ scale.
 - o At just 50 calories per fruit, kiwi is packed with vitamin C to aid in wound healing and iron absorption.
 - o Excellent source of potassium for healthy blood pressure.
 - o Good source of fiber for digestive health.

**Check out the Tropical Days Sale
February 20th – February 26th**

Amy Clark, RD, LD

Lincoln Center Hy-Vee Registered Dietitian

640 Lincoln Way | Ames, IA 50010 | 515-450-0508 | aclark@hy-vee.com

Laura Kimm, RD, LD

West Ames Hy-Vee Registered Dietitian

3800 Lincoln Way | Ames, IA 50014 | (515) 292-5543 | lkimm@hy-vee.com

BANANA-KIWI SALAD serves 4
active time: 25 minutes | total: 25 minutes

ALL YOU NEED:

- 2 tablespoons lime juice
- 1 tablespoon Hy-Vee canola oil
- 1 tablespoon minced shallot
- 2 teaspoons rice vinegar
- 1 teaspoon Hy-Vee honey
- 1/4 teaspoon salt
- Pinch of cayenne pepper, or to taste
- 4 kiwis, peeled and diced
- 2 firm ripe bananas, cut diagonally into 1/2-inch-thick slices
- 1/2 cup diced red bell pepper
- 2 tablespoons thinly sliced fresh mint
- 2 tablespoons Hy-Vee chopped cashews, toasted (see Tip)

ALL YOU DO:

- Whisk lime juice, oil, shallot, vinegar, honey, salt and cayenne in a medium bowl.
- Add kiwis, bananas, bell pepper and mint; toss to coat. Serve sprinkled with cashews.

Per serving: 170 calories; 6 g fat (1 g sat, 3 g mono); 0 mg cholesterol; 30 g carbohydrate; 1 g added sugars; 3 g protein; 5 g fiber; 151 mg sodium; 2177 mg potassium.

Nutrition bonus: Vitamin C (190% daily value), Potassium & Vitamin A (15% dv).

Carbohydrate Servings: 1 1/2
Exchanges: 2 fruit, 1 fat

Source: adapted from Eating Well, Inc.